

Matrika #2 @7314
Sun Apr 08 11:58:12 1990
RE: Astral Travel simplicity itself

The step by step instructions that I was taught, simillar to those in the
□
LLEWELYN Practical Guide to Astral Travel, worked better for me - it took
me □
alot of practise to get to where I could do it and it seems that for most
□
people it takes practise, although some can do it spontaneously. In fact
it □
happens to some the first few times with no warning and then, after
worrying □
they have gone crazy for a while, they later learn what it is. But I did
just □
want to say for those like me for whom it does NOT come easy, not to get □
discouraged but to try working with it one step at a time.

Two interesting points about astral travel for me. One is that I find it
more □
interesting to explore the astral planes than to explore specific
locations on □
this plane. However when you are first learning, exploring specific
locations □
on this plane can help. Laurie Cabot suggests picking a store near you
that □
you have never been in, try projecting to it, immediately on arising write
□
down your impressions of it and then, as soon as you can, visit the store
and □
check out your impressions. If they are not all correct, don't be
discouraged □
The example she gives is DID YOU SEE RED BEHIND THE CASH REGISTER AND IT'S
NOT □
THERE? Perhaps the cashier that day or evening was wearing a Red
sweater! □
The longer you wait to visit the establishment, the more likely it is they
□
will move something or change a display, so go soon after your visit.

the second is that I used to do it as a kid, no problem - right up until
my □
Dad told me it was all in my head and I had imagined it. Then I couldn't
do □
it anymore.

A note here - My DAD, who used to be a hard-core skeptic, started
attending a □
Spiritualist Church I hung-out at when he married my step-mother. I find
it □
humorous that originally he went there because it was non-denominational
so □

you don't have to believe everything the ministers teach and because he liked □
the ministers, but he didn't buy the Psychic stuff. Well, lately he's □
changing his mind as he's had some startling experiences. I'm good, I'm
nice, □
I don't tell him he is imagining things. But I can't help laughing about
it □
to myself just a little bit.

Oh, some of the stuff the Llewelyn book suggests is to practise opening
your □
chakras first and grounding the energy, work on that for 1 week to 1
month. □
WHEN YOU HAVE IT DOWN PAT (be honest with yourself here or you can forget
it) □
work on projecting a cloud of your energy out through your solar plexus
(some □
people work better projecting from the 3d eye, I personally project the
body □
through the solar plexus and when I project the consciousness into it, I
do it □
via the 3d eye. BUT since these are all merely visual aids to doing
something □
non-physical, I am not sure that it matters IF YOU ARE ACHIEVING VALID □
RESULTS) and leaving this energy as a cloud only then reabsorbing it. YOU
DO □
NOT PROJECT YOUR AWARENESS INTO IT. You absolutely MUST reabsorb it.
That is □
done for a week or a month or however long it takes. It is done by
creative □
visualization until you get it to the point where you can feel that it is
□
something more.

Then you do the same thing for a week or a month, ONLY YOU SHAPE THE CLOUD
□
INTO A SIMULCRAM OF YOUR BODY (if you are also trying to heal yourself,
use □
the ideal form you wish to achieve - make it realistic and so it looks
like □
you) WITHOUT projecting consciousness to it, you send it out to watch a □
situation you can later check on for yourself. When it comes back at a □
prearranged time later on, meditate for a while and write down your □
impressions AND DO NOT THROW ANY OF THEM OUT AS THEY SEEM SILLY OR
IMPOSSIBLE □
- truth is often stranger than fiction. Check on these later, DISCREETLY
- □
don't TELL people you sent an astral traveler to them, say I HEARD THAT
you □
went such and such a place today while I was in school so you can say to
your □
mom that someone saw her and told you or something, OR just say it's a
hunch, □

or, if you have the impression that your mom called your grandmother while you ☐
were in school, just say I WONDER HOW GRANDMA IS DOING? and see if your mother ☐
doesn't say, THAT'S WEIRD SHE CALLED ME TODAY.

PEOPLE GET PARANOID IF THEY THINK THAT YOU CAN WATCH THEM - AND THEY ALSO
THIN ☐
K YOU ARE THE CRAZY ONE IF YOU SAY YOU CAN DO THIS. Interestingly enough
☐
science (psychology) tells us that one of the classic symptoms of Paranoia
is ☐
to think the OTHER person is crazy.

Always be sure to bring the simulcram back at the pre-arranged time and ☐
REABSORB IT!

The next step is to project consciousness into it, go out with it, and ☐
reabsorb the energy/substance afterwards - but only try this once you have
the ☐
watcher exercise down pat.

THESE EXERCISES SHOULD BE DONE FROM A MEDITATIVE STATE.

ALWAYS SHEILD YOURSELF BEFORE TRAVELING